

Adult & Teen Classes

YOGA: GENTLE YOGA FOR EVERYONE

Learn to live a balanced life with proper breathing, body alignment/posture while restoring flexibility and gaining strength. A traditional class, limited to 12 students for individual attention, working from fingertips to toes, supporting the body as a whole acquiring a more acute sense of body awareness. Bring mat and blanket.

HelpYourHealth, RoxAnn Madera S.A. Martial Art Center
18595 Brookhurst

4509.300	15yrs to Adult	6/18-8/20	7:15pm-8:30pm	M	\$150
4509.301	15yrs to Adult	6/19-8/21	9:00am-10:15am	Tu	\$150
4509.302	15yrs to Adult	6/20-8/22	7:15pm-8:30pm	W	\$150
4509.303	15yrs to Adult	6/20-8/22	9:00am-10:15am	W	\$150

HelpYourHealth, RoxAnn Madera Lake View Clubhouse

4509.304	15yrs to Adult	6/23-8/25	10:00am-11:00am	S	\$120
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YOGA: MURDY COMMUNITY CENTER

Classes are sequenced to increase flexibility while strengthening the entire body. Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. No class July 3, 4 and August 6-10.

Carmichael, Yvonne Murdy Community Center Game Room

10 Week

4418.300	16yrs to Adult	6/20-8/22	10:30am-12:00pm	W	\$87
4418.301	16yrs to Adult	6/22-8/24	10:30am-12:00pm	F	\$87

King, Jacki, CYT, RYT Murdy Community Center Hall A

4417.300	Adult	6/25-8/27	6:00pm-7:00pm	M	\$60
4417.301	Adult	6/25-8/27	7:15pm-8:15pm	M	\$60
4417.302	Adult	7/11-8/29	4:30pm-5:30pm	W	\$5

Holden, Susan Murdy Community Center Hall A

4450.300	16yrs to Adult	6/26-8/28	5:30pm-6:45pm	Tu	\$60
4450.301	16yrs to Adult	6/29-8/31	4:00pm-5:00pm	F	\$60

YOGA: ON THE BEACH

Outdoor Hatha yoga class. A great way to start your weekend with deep breath and relaxing asanas. All levels welcome. Yoga is known for its calming and body beautifying effects. Class will be held at 10th Street and PCH. Please bring a yoga mat or towel.

Stevenson, Sarah 10th street & PCH

4414.301	Adult	6/23-9/1	9:00am-10:00am	Sa	\$95
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YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body to promote therapeutic health benefits. Practice may reduce blood pressure, stress, and regulates nervous system. Avoid eating 2 hours prior to class. Wear comfortable clothing and bring mat and blanket. No class July 5. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500.

Pavesic, Diane Rodgers Senior Center Hall E

4413.301	Adult	6/21-8/23	10:00am-11:00am	Th	\$68
4413.302	Adult	6/21-8/23	11:00am-12:00pm	Th	\$68

YOGA: CHAIR YOGA FOR SENIORS

Specifically designed for all levels and abilities to enjoy the therapeutic benefits of yoga done in a chair. Chair yoga may reduce pain and blood pressure, improve posture and sleep. Practices can be adapted safely for home, office, and travel. Avoid eating 2 hours before class. Dress comfortably and bring a blanket. No class July 2.

Pavesic, Diane -

Certified Yoga Therapist, RN Rodgers Senior Center Hall D

4817.301	50yrs +	6/18-8/20	10:00am-11:00am	M	\$68
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Older Adults

COMPUTERS: E-BAY FOR FUN AND PROFIT

This class is for 1st time E-bay users. Get a taste of what this enormous auction web site is all about. This informative session will show you how to bid, buy and sell your favorite items. A suggested donation of \$5 for materials is requested at the class. Prerequisite: Windows Skills course and internet experience.

Staff, Recreation Rodgers Senior Center Computer Lab

4809.301	50yrs +	8/4	9:00am-12:00pm	Sa	\$10
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COMPUTERS: BEGINNING COURSE TO THE COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. A suggested donation of \$5 is due at the first class.

Staff, Recreation Rodgers Senior Center Computer Lab

4800.301	50yrs +	7/10-7/31	9:00am-11:30am	Tu	\$15
4800.302	50yrs +	8/7-8/28	9:00am-11:30am	Tu	\$15

COMPUTERS: EXCEL BEGINNING

Learn how to use spreadsheets to logically present tabular information. This course will teach you how to: Manipulate spreadsheet cells, rows, columns, fonts; build spreadsheets; create formulas, graphs and drawings to spreadsheets. A suggested donation of \$5 is due at the first class. Prerequisite: Solid knowledge using a PC and Windows Skills.

Staff, Recreation Rodgers Senior Center Computer Lab

4803.301	50yrs +	7/9-7/30	9:00am-12:00pm	M	\$15
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COMPUTERS: GOOGLE GALORE

Learn the use of the powerful Google Search Engine and how to format key work groupings that will rapidly complete your search. Explore these and other tools: Google Earth, Maps, Directions, Word Processor, Spreadsheet, Language Translator, and more.

Staff, Recreation Rodgers Senior Center Computer Lab

4805.301	50yrs +	7/13-7/20	1:00pm-4:00pm	F	\$12
4805.302	50yrs +	8/3-8/10	1:00pm-4:00pm	F	\$12

COMPUTERS: KEEPING YOUR COMPUTER UP TO DATE

Help your computer live longer, perform better, avoid debilitating crashes and keep your programs current, safe and up to date. Protect your computer from viruses and Spyware that can steal your identity. A suggested donation of \$5 is due at the first class. Prerequisite: Windows Skills course.

Staff, Recreation Rodgers Senior Center Computer Lab

4804.301	50yrs +	8/6-8/27	9:00am-12:00pm	M	\$15
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COMPUTERS: MICROSOFT WINDOWS SKILLS

Learn detailed instruction on the Windows Operating System. The "Hands-On" coaching will introduce you to the many features of this powerful program. This class will allow you to maximize the usefulness of your computer.

Lander, Joel Rodgers Senior Center Computer Lab

4546.300	Adult	7/5-7/26	9:00am-12:00pm	Th	\$66
4546.301	Adult	8/2-8/30	9:00am-12:00pm	Th	\$66



Older Adults

COMPUTERS: MS WORD ESSENTIALS

Learn to create, save, retrieve, rename and delete documents. Learn text selection techniques, editing, cut/copy/paste, spell/grammar check, and using Thesaurus. Learn to use important toolbars. A suggested donation of \$5 is due at the first class.

Staff, Recreation		Rodgers Senior Center Computer Lab			
4802.301	50yrs +	7/11-8/1	9:00am-12:00pm	W	\$15
4802.302	50yrs +	8/8-8/29	9:00am-12:00pm	W	\$15

COMPUTERS: ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Put information where you can find it. Clean up and organize old files and your desktop. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to make your computer life easier and optimize your computer. Skills are universal whether you have Windows XP, Vista or 7. Ask questions, get answers, have fun! No class Aug. 16 or Aug. 17.

Lander, Joel		Rodgers Senior Center Game Room			
4547.300	Adult	7/5-7/26	2:00pm-4:00pm	Th	\$66
4547.301	Adult	8/2-8/30	2:00pm-4:00pm	Th	\$66

COMPUTERS: PICASA PHOTO ORGANIZING & MORE

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share pictures via web albums, CDs, emails, print and much more. No class Aug. 17.

Lander, Joel		Rodgers Senior Center Computer Lab			
4548.300	Adult	7/6-7/27	9:00am-12:00pm	F	\$66
4548.301	Adult	8/3-8/31	9:00am-12:00pm	F	\$66

COMPUTERS: Please see page 29 for more computer classes.

FITNESS: PILATES FOR SENIORS

Pilates is ideal for people over 50 because of its low-impact exercises. Benefits of Pilates include: improved posture, strength, balance, along with an enhanced mind/body connection and total body awareness to reduce the risk of falls. The class will incorporate a chair for stability/flexibility exercises. Bring an exercise mat.

HB Pilates		Rodgers Senior Center Game Room			
4822.300	50yrs +	6/18-8/20	12:30pm-1:30pm	M	\$88

YOGA: YOGA AS A SENIOR SOLUTION

Starting in the chair with emphasis on breathing/posture, then using the chair as a prop for balance, stretching and flexibility, continuing down to the mat. Working to strengthen the body from fingers to toes, keeping ones independence and freedom of movement for your individual body, in a class limited to 12 students for individual attention. This class is held at the S. Amsler's Martial Arts Center 18595 Brookhurst St.

HelpYourHealth, RoxAnn Madera

S.A. Martial Art Center 18595 Brookhurst

4510.300	55yrs+	6/18-8/20	1:00pm-2:30pm	M	\$145
4510.301	55yrs+	6/19-8/21	12:30pm-2:00pm	Tu	\$145
4510.302	55yrs+	6/20-8/22	10:30am-12:00pm	W	\$145
4510.303	55yrs+	6/22-8/24	10:30am-12:00pm	F	\$145

Parks & Recreation...
Promote Longevity
 ...The Benefits Are Endless

No classes July 4

Sports Programs

YOUTH SPORTS

The City of Huntington Beach Youth Sports Program stresses the importance of teaching young people not only the rules and strategies of games but important lessons about life as well. Positive youth sports programs help young people develop confidence and self-esteem, help them learn to resolve conflicts peacefully, teach them ways to take care of their health and well-being, and help them develop skills for communicating with others. Coaches, spectators, families and participants are encouraged to be mindful that these programs are designed to develop the whole person, not just the athlete, and that sportsmanship is a required element of the City of Huntington Beach Youth Sports program.

SUMMER VOLLEYBALL CAMP

Boys and girls grades 4-8 will be introduced to the fundamentals of indoor volleyball in this instruction based camp with an emphasis on learning the game while having fun! all skill levels are welcomed and participants will be taught the basics of volleyball through game based drills, hands on training and semi-competitive scrimmages. Get ready for the fall indoor volleyball league with this great new camp! All players will receive a HB recreation jersey.

Staff, Recreation		City Gym Gymnasium			
7745.300	All ages	7/23-7/27	2:00pm-3:30pm	M Tu W Th F	\$55
7745.301	All ages	7/23-7/27	3:30pm-5:00pm	M Tu W Th F	\$55

PEE WEE T-BALL

Pee Wee T-Ball is a non-competitive introduction to T-Ball for youth between the ages of 3 and 5 years old. Participants will learn fundamental T-ball techniques, basic rules of the game and to have fun while playing sports. Participants will also strengthen social skills by interacting with their coaches and teammates. All players will be placed on a team and will receive an HB recreation jersey! No Class July 4th.

Staff, Recreation		Murdy Community Center Softball Field #1			
7728.404	3yrs to 5yrs	6/18-7/16	10:00am-10:50am	M W	\$55
7728.405	3yrs to 5yrs	6/18-7/16	11:00am-11:50am	M W	\$55
7728.406	3yrs to 5yrs	6/18-7/16	12:00pm-12:50pm	M W	\$55

Staff, Recreation		Edison Community Center Softball #1			
7729.404	3yrs to 5yrs	6/18-7/16	10:00am-10:50am	M W	\$55
7729.405	3yrs to 5yrs	6/18-7/16	11:00am-11:50am	M W	\$55
7729.406	3yrs to 5yrs	6/18-7/16	12:00pm-12:50pm	M W	\$55

JUNIOR BASEBALL/SOFTBALL

Junior Baseball/Softball is a semi-competitive introduction to baseball and softball for youth between the ages of 6 and 8 years old. Participants will learn fundamental baseball and softball techniques, basic rules of the game and to have fun while playing sports. Participants will also strengthen social skills by interacting with their coaches and teammates. All players will be placed on a team and will receive an HB recreation jersey! No class July 4th.

Staff, Recreation		Murdy Community Center Softball Field #1			
7730.402	6yrs to 8yrs	6/18-7/16	1:00pm-1:50pm	M W	\$50

Staff, Recreation		Edison Community Center Softball #1			
7731.402	6yrs to 8yrs	6/18-7/16	1:00pm-1:50pm	M W	\$55

BASEBALL: INSTRUCTIONAL

This City of Huntington Beach program is a clinic-based program with an emphasis on learning the game and having fun. All skill levels are welcome and basic fundamentals will be taught through drills and instruction. Players will enjoy a recreational program where enjoying baseball is the key to learning. All players will be placed on a team and will receive an HB recreation jersey! No class July 4th.

Staff, Recreation		Murdy Community Center Softball Field #1			
7732.402	9yrs to 12yrs	6/18-7/16	1:00pm-1:50pm	M W	\$55